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Volume 16, No. 6

TIGOR Patronia

Editor Letters

Onen Flor

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Club News Page 45 Event Calendar

Classified Ade





generates in the country Elite/ Gyn-Rin has developed new Sleek Fit, the ulmavie fit in competitive lectoris. Elite/Gyn-Kin's new Steek Fit lings the contours of your body mattering your movements, creating long flowing less of event. Time diseased by generated Thereis more! Elize/Gyu-Kan has also developed a new Sindow proof laining, optional on any special order leoted, that elunitates "show-farrough". New Sleek Fr. New Stackow-

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N Carbod O Danie Special Standard Commercial PORTS PURCHOLOGIC COMMETERS.

Making Champions

or Diverses tables ... and they lived

May I stablest that it was a matiathletes and, of course, the athletes own inherent shiftly There are many There is also one other count that may

was the athlete's commitment to the All obstacles that stood in their you. All chappeons must do thus Some

to said and done, it is the othlete slone petes The difference between warathlete, you yourself our determine

to be great! What is the difference their desire and their wars of cress-

tition *

hed visited Romazas in the Sonne was astorished to see yest ago. rest and people working with rakes visited their Obrapic rowing center.

live and trun with such facilities. And formarius has less than 23 million.

people, smaller than California The between the ages of 14 and 17. These shoppess in Los Austrias raths now!

Romman men best the Ursted States rewards. They are easier to focus on

prehend and understand such a stantly Often the reason is to try to you the nanoquet for people like Kurt. mer, Peter Vicinar, Marcia Frederick

Outside The Arena

By Mike Botkin
USA CYMMASTICS Return

otterdam, The Netherlandsbed of easils, workenft and word till people it was also the hence for the 54th Weiel Spennesces Champenships. You can Extorough the page of this imagines and the great finish the authorism secrepished, but to get a smill deal for the overall pecture, I would like to offer you serie of my author observations and the properties of the contraction of the page of the contraction of the contraction of the the contraction of the contrac-

for the overall potture, I would like to offer you some of my actual observations from custode of the areas. The first thing! I selected should the country was that they are their freach first (poin fitnes) with may compare meteral of crusing. Olay, moltage really wrong with last and it resily want that that after I canbourly figured out what must live depring my firsts may.

depong my bries miso. Exergence in The Neutherlands over a vide Of the armout population over a vide Of the armout population of the neutherland over a vide Of the armout population of the owner of the owner of the owner of the owner owner

and a second processing the second process of the second process o

If was automoled when I first furded in the country to see the size of its inhabitants I thought to myself, We have landed right in the middle of a baskeshall tournament or something," but upon closer observation, everyone around me was tall and blook. I would say the average height, male or fertale, would have to be around 6 feet, 3 meters.

male or fernale, would have to be around 6 feet, 2 mehrs I watched a soccer (500tball) match one afternoon near my hold in Den Hang (The Happe) and I looked like a clash between ganns if

some height, I think a mornishing trip to The Netherlands just raight prove feutful The people of The Netherlands

and remananth doubt open until flam, and the majority does uncord \$500 pm. That molecule to very head to find how when you because to the competition as 8 a.m. and dou't get bracked to the host until miningsky Lissed on ham sanghethes I brought at the Commission point of the product of the product of the competition of the competition

Revising of the transparent man content. The revision of the transparent in the content of the transparent in the content of the transparent in th

It was the to learn, by 15 seconds. American money is no become compared to that of other constross. The Guider, worth about 150 elected on the dollar, as away establishment of the desire and the dollar, as away establishment of the desormances, the many European countries have. The attracts on the bills as wey distinct Al of their leaf, and the same of the countries have the same down to be the same down in what among to be one or down in what among to be

file a very modern art style. Sharp lines neand simplicity depicting the Kings and on. Queens of their past

id it was also interesting to see that it wery few of the automobiles were damaged or had rust. Edito't see one car that had a dented fender, a broken headlight or rust eating away the leand few of the control of the

If malady, but I dain't see any and I was following.

Everyone rode a beyels Greening the street was very exciting because they have a lane for motor or a benefit when the following the street was seen as the following the street was seen as the following the street was seen as the following was the following the street was seen as the following was the following the street was seen as the following the street was seen as the following the street was seen as the street was seen

cycles, a lare for bices and a lare for cycles, a lare for cycles, a lare for cycles, a cycles,

restamants or that many extrasgant locks or bikes profeed by the thouseasth ortiside the trees station. This leads has the barker the scen of the country we were its was very safe. The Weeld Champsorehipe was a great competition, but many trees we get as to test up with the competition that we don't see anything else Vistings different country as a red trees, and something can be lowered from the propels and those habits. This

at that we dank see supplies give his times different country as recultivate and amendment country as recultivate and amendment country as recultivate and their backets. The country whose people keep peeuly much to themselves. They rely on each person to keep their word As are causely, never, and of they rich are causely more continued to the country whose people keep peeuly and the country whose people keep peeuly and the country whose people keep peeuly and the country whose peeuly and the country whose peeuly also the country whose peeuls are considered as a country whose peeuls are considered

filled with decen *



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The fast book for the Constitution Course is the USGF GYM-3. Thi Cours. Lee is \$100.00 period cort is \$25.00 4. Cortification is good for law years.

Participation Registration Form Name Mr. Mrs. /Mrs. /Mc

Despersal Gymnasts, Inc. Address 45/6 Knightshridge Blyd OHI Columbus, OH 43214 Course Director: Bobbs Montanum Drivebone, (18)

Course Director Hotel Contact: Red Roof Inn. Course Location Organization Represented

Compiled by If USGF Member, List Type and Number Becky Ritt USGF Safety Certification Coordinator Check Visa Mastercard

Saturday, November 28, 1987 Southern Connections State University New Haven, CT 06515 Course Director Joan Hicks. 203-285-1240

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Sunday, March 13, 1987

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614-846-3001

Course Director Sam Sandmire 208.385.1667

Name on Capt: Number

Expension Date _____ Sumstan These make checky precise justice for USGF SARKTY CREETECATION Registration Form Received

Dates, Times and Locations will all be listed in USA GYMNASTICS and USGF TECHNIQUE. They can also be checked by calling the USGF Department of Safety and Education at (317) 237-5060

Poets Corner

Twas the Night Before State

Dear Editor. y daughter, Harra Lee Matur. She is eight years old and I

wrote a poem for her I thought other perents maths relate my poem to their the time to read my poem. Potty Moben

Our Daughter,

She drives besself so But what dedication. She's at the pyroxymm No matter the season

Makes no difference to her Whether daytime or mahs. Her good is the Olympics Someday a gold medal she'll be

santhing. Victory! But only a few

Jeaning Navarro (Age 13) Tears Turned To Triumph

You looked across the sym And as you realized then, That you had wanted it no rates On that innesome restless sight. But an one of those pictures flushed

You realised that you must not quit Cause it is time that you begun To the music in your soul.

Dear Editor.

his is a poem written by Andrey mentagy school starlant. Audroy

come to life on paper. This page was created as an English assignment gyanasta who subscribe to your Frank Delgado, Fourth Grade Teacher

Gymnastics

I climbed up a tree to play Morn saw me hanging from a brob Upon my hands I learned to stand,

I did not know

Landing on a must, oh so soft The floor routines is my favorite Desirance with a rurears start. from a backtuck, that's the except

Henristani rollout, spirts too, So i practice a lot and I'll bet you

Dynnastics is what I like the best Audrey Doessalsh (Age 10)

Dear Editor,

arn a Class II governost from Ken-

(Editor's Note Following such Just alrop your letter in the usual in

Handes 1500-student records Prints: Clean Yorkery, recording manif

Selection II 500:00 return 05MS

System: 15,600 00, includes not

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Gymnastics

You've got to be tough. You're goving have injuries and if

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Sharing The Spotlight

he 1987 FROP Overhea Com turity to actively participate in pre-

I frond myself spending a great deal of time stance into a spothulta Durrealization that if one stares into a

mity, the press the media, etc and this ean make it difficult to remember the roots from which we came. concern for a national training cen-

about how athletes leave one coach all the work Mary Lou Retton's name Rafajotsky to train with Bela Karolin Olympic Gazzes and yet Bela is diver-

By Bobert Cowan DSGF Mess Programs, Administrator

Then at the barquet, Scott John son was streen the athlete of the year his hath school peach ... Ken Pulssia".

to their success, the coaches need to remember who preceded them and more people share the spotlight

we have come and all the people who how contributed to that

There is an old saying that theor who refuses to see. I think that should Move over there is room for

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SOVIET SWEEP

First Konica Cup Belongs To Soviet Union

only will she I been as one of op-generate (4) it 1987 World hips), but the drinck will have

sop genesics (4th as see at 1987 World Change) ships), but the Monde II Minek will have the unit distinction of the first around champion of Kouses Cop interrests rhydrase egenesics in thoral a possored by Keensa Corporation Lobath, who scored perfect 10's in hop and bon, changed the all around the all arounded the all arounded

bon, claimed the all arou title by accumulating 39 8 points at Princeton University, October 17 18 Sovies man, October 17 18 sovies man, 18, won the silv medal with 30 700 points a



ion, used near perfect is to take the all around title. ed a ten in the club off World Champes I was relaxed for I petition. I peaked at Lobath said the interpreter "All II here were very free audience was kind

wey friendly feelings town
the US, a the ward
Spectations at Print
ton's Jadwin Gym we
treasted to the US debut
international group core,
thou "The missessive gratroutness sected to amone
who watched "The Bids
pan grup a nothing shore

is secreted to annae all atched. "The Bulgar up is nothing shoet of coular," and Nee a , U.S. rhythmic peoofmentstrator Spin I tuning and claborate combined with hallet organic showed why a, as well as the Sonet.

By Susan Polakoff

Each of the sex groups performed two different rectifies, one using see halfs and one using three halfs and three hoops. The Somet group placed second and the energetic group from Japan,

win the director.
The sectual Kenten Cupwas awarded to the Switch,
for their rivery in the individual competitions and their
second place flush in group
making them the wincers of
the team competition. Bufpieus funshed the team composition in second place. The

US, fourth
Northwestern University freshman Dinne Sunyson, 18, was the highest US
fetisher in seventh place. "I was pleased with my finish.
The tarse, I cought the chief,
Sampoon's and Simpson's mistorture in that event cost
her the all around title at the
Pan Am Carmen and the 166?



Japan's Erita Akayana placed 11th all-around to pace her country.

"I was more confident at the Koraca Cup than I was at World Champtonsheps," used the US's fema Richinsheim Rubinsheem, an alternate on the World squad, replaced an argured Marina Kuryawaky at the last minute. "At least at this meet,



I knew I was going to compete the gazing ricer confidence with each competition. I think this was the best ribbox routine I've does in a while I've added extra tonses and have made allow routines more difficult. The I'y year old high school are let I'y year old high school are seen and Six fireshed the all around correctition in 13th

position
Dacon lister, 16, fin
shed one spot before lithinshirin; in 12th place 1985
has been a year of great
strades for Lister—she is
developing her own distinct

spenky routines and jazzy music Michelle Berube and Engenn Yann competed for

the US, but because of the three-subletes-per-countrynule, their sources were not added to the team total. The foot urgary threetime, authors, sharmers

Marina Kuryavaky sustamed at World Chumpaonships kept her out of the Kenna Cup

The Konsea Cup is scheduled to return to Princition and fall slong with the 'Konsea Performence.'

the "Komos Performence," an invitation only performance at the United Nations. This exhibition desiries as a benefit for the United States chapter of UNICEF, the United Nations International Children's Emergency Fund *

Top right: Conside's Mary Franci second three 9,00's and n 9 70 to place eighth

Anna Hotchnesa, of the Soviet Union, roped the brouse model in all scound, rope and clobs while taking a



KONICA CUP

SPORT 10002 top

OUP COMPETITION



INDIVIDUAL SCORES

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CITES BOYE HOOF GLOSS REPORT AA.

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"Exhibition Performances - Not eligible for awards because of three editates per

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Star Zp - MagerCord

professionals of the United States county have With 33 collegate coaches traveling to Denver, Coloto 1964 a niedze for moreczed gare-USGF Coaches Congress held in St.

ticipents in the strongest showing intions by some of this nation's lending. remreatics minds Survival was the New Bridges Toward Professional

tor of the USGF, stated in his State of the Federation' address: "We connot rest on what has happened. We must plan accordingly. No matter what the consequences are in Secul. the United States will feel the propert

Each speaker stressed that the tent key to unlocking the asymmetries fortunes of the future 'Whether you realize it or not," said Jacks, "every day you so asto that may you see Through your work, you will make this country stronger "

United States Olympic Committee, with a Special Award of Appreciation sports throughout the world, stressed produced make a difference not only

Melmark related a story to the attendees about a 14 year old Jewish boy during the 1986 Obserped and Owens. The man told me." Helmick

and all reporties, and littler, who was "It was on that day, the Charmon Comes mude a difference in his life. He decided be too can make a differ-Henry Knumger And he west on to make a difference So you are," he

States," seed Hortons

Athletes/Coaches Of The Year never," said Kathy Johnson, "in the greatest feeling up the world it is very ODVIT AUTHOR PRINT YTEY ACCO.

> was tabbed as the Male Athlete of the place for Scott Johnson, Even though,

Making A Difference Sterling and 1885 variety and 2 merces and the Rhydraus of the Year Sterling and 1885 variety and

sky, who won her third



Special Arrard of Approclation recipient Robert Hebrick. By Mike Botkin The Important Key To Unlocking The Gymnastics Fortunes of The Future.

Jgn Howard, who lowes to fish and Coach of the Year award. He too was not there to accept, but Nebruska to speak or his behalf Irina Visvets. Laster, was siven the Rhythreic Coach. Gosch of the Year was awarded since only two ballots were returned to the DRGF office.

Another tradition was started as the USBAT Additive Council counted and word for the Spirit of the Plane assess. This basis about 15 to 15

Awards Presented At Congress Special Award of Approxistion Robert Helmirk, Presedent United States Observation Committee

USGF Dissinguished Senice Anuada Ken Allen Paul Spadaro Kally Feldman Norma Zahka Emri and Jerry Milan

Olympic Bound (Thi maps fin whit of digest)

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Olympic Bound

Spirit Of The Flance Award Presented By The Athlete's Council

Dale Keiphart
Judges Of The Year
Harry Burke (East)
Jeff Koodin (East)
Trey Corniff (Malwent)
Jack Beckner (West)

Athletes Of The Year Scott Johnson (Men.) Melassa Marlowe (Women.)

Marma Kunyamiy (Rhythmi Coaches Of The Year Jam Howard (Men) Irana Vdovets (Rhythmic)

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Fit Or **Fat**?



Fat those and lean tuones vary in density, and so simply looking at scale

Throsecret that used body weight is an important imprehent as a generate seeper for autoceastful performance. Most couches are very sensitive to fast terring set only a genuset's skill, but also the lookture for the second field weightedness performance. It can also give a genter than the control of the second performance. It can also give a governneat that time, cheeded book that is so needbecookly pleasing to tweven

Among genussate the converse and over weight sometimes become all consuming And, infectuately, genussate and confidence of the content of the content of the confidence of the content of the content of the confidence of the content of the content

of that makes the difference in performance and looks and not simply the amount of weight.

To surgistly a rather complex picture, our total tody weight can be theired ristore components the learn weight rath the fat weight. Body like weight connects of both resential surfaces for Resential for Corry should receive the Resential for Corry should receive the Resential for Corry should receive the resent to the resent processory in the structure of various relis and also for the prefections of some internal cogain. Storage fat is morely a depot for receive energy and

the amount of body list in this form may vary considerably.

Lean body weight refers to that part of the total body weight which remains after all of the body fit in remains ofter all of the body fit in remains of the composed of mucke, storn home water, or may and all may

Fix is less dense than less tissue and, therefore, a given weight of fix would occupy a much larger witing than the same weight of lean tusses. Thus, two people may be countly the same weight and hough, but how two different One could be classified as obese (overfall) because the budy weight crossasts of a relatively hugest of same to be percentage of its and a low supple crossastered lean because the budy weight crossastered lean because the budy weight crossastered lean because the budy weight of the same budy to be proportionally off let and a higher proportion of range of the same and the the sam

portion of muscle. So how does body composition affect performance? In general, it is said to say that the higher the percentage of body fat, the pooner the performance Backy fat does not despend on the performance and relaxation in fact, excess body intransamment work for the guinassiance it is samply suches weight that

and relaxation that powers a sport of the generator in fact, consens body fattaceau more work for the generator since it is samply usefue weight that must be toosed and turned shout. How must be toosed and turned shout must be toosed and turned shout with the same the toosed and turned shout with the same state of a particular generator is highly trained with affect of the same state of

doctor or sports autintants; before tryingto inchieve them (For the gaseral population, 14-18 percent it considered optimal for males and 18-22 percent for females). There are two occhrinipus commuly used to minister percent fat, underwater (hydrostate) weighing and skinfold thickness measurements Colleges, sports medicine rimes and some health chile may

offer underwater weighing for a moderate fee. The skinfold teeh nague is less expensive but also somewhat has accusate it should be performed by trained personnel or a registered discitization any of the local hospitals.

Once your body composition is

evaluated, an individualized ideal weight can be determined by calculating the amount of body by you need to lose and/or amount of massite you

should stam. The key to controlling 1. By doing regular acrobac exercises 2 Esting a high complex carboby-

Most already know exercises like of budy fat. But what is less well new, is that high complex earbolybody fat. It appears that in the dates when starch is exten than when far is consumed, so fewer calories are left. carbolizedrates, more than ful, increase a high flip diet am likely to be heaven colories in a low-fut, both curboter

These findings may change the whole concept of dieting Refentform, but not fut loss Chamitral the levels high while beloing keep body

say no to the butter, gravy and sour Invirate diet, you can gradually chiscl

process Flat loss taken time and effort



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· Baby shripp, crab, tree. Western Salad Dressing Combane 16 top salt, 3 top paraley

fakes, I ten surisc powder, I ten mutation mayonnese, 35 cup lowmax well. (Playor best when stored 34 hrs in refraterator)

Berbed Yagurt Sancer

Stin Staff Topping In a small boad best 16 cup low-

dill weed, sait and pepper as destred, papt well Olds Oberer Treating

Combine 1 cup low-fet cottage cheese 2 The shoot green proces We cup canned, diced green chile,

I medium chenged toronto, I tap Jerson were salt and people as desired, max habitly to blend Chop I medium tomato, I small

> red region Most consther with 2 The powder, and sait and hot pepper sauce as desired



RULERS ROOST

By Mike Botkin

he 26th World Champissohips, October 18-24 in Institution, The Sedientians, displayed more exclusive than the Sedientians, displayed more exclusive than the Sedientians of the Sedientians with the Sedientian of the Sedientians, written in a book or postrope on stage, What is fallowers in an assessment of two of the greatest of Collisions of antient present than has compared to the Sedientians of the Sedientians of the Sedientians and the The Americans against—the second to the

and the interprete spits the man expension and be in being of the first text the repetition be in biginered—both fill that is the repetition of history. For the U.S. ment coulder, leng, concluded and history. For the U.S. ment coulder, leng, concluded the control of the contr

Oct or incredible were bashed eat in 31 stagingers to the preproposedatives assembled from apossit the globe. Far, the brangthe bootste would rather could in that of unisociatish. You could see it in their yets and in the way they carried themselves from occue to creat. The confidence of a champion who couses in knowing they will wis. Then the unsatisfied perfection as they methodically go out and power it. Then the clash of the titan—the Romanian wasness versus

Then the clash of the thans—the Romanian women versus the Socket. Watching this was comparable to the sweet; satistiving feeling you have when you experience the first deink of a long availed cold glass of water. If you disk has it, feel it. Bert, herewe or her a cour of this

which has not a pick and a second to the body of only or the need. This is the one that recryate will be indicate about he was all overn games raised into four retaining. In the case of was all overn games raised into four retaining. The skill, yower and practical domainstanced by these there eight rock was at a level many thought impossible. This display Maded a kept hale in the critique of technical schemement. It mude the old timers at back and, with hand on chin, shake their heads white situations of the contractions of the heads white situations for the contractions when the heads white situations for contraction history of the heads white situations for contractions in the contractions.

champions.

Peatreing photos by Dave Black, C.



UNTOUCHABLES



No omlies, just fact, was the name of the Soviet's pane. Led by (left) Turi Koreles (offsee), Vladimir Artenav (Irreno), and (right) Etalint Rilamenthev (gald), the Soviets powered he way to an unmentended team gald.

Bet News was serrors, comes peculic are unstanches.

He Wake the Servick mem's governation team, for exemple. During the 24th World Champonships, they overpowered exergone white beauty breasing and Set after set the Sourcest would crash, out, this mount, set down and prepare for the next servial the wisks never breaking a strike. The only stondes were course from Casch Leonal Arksyer, who lovided as if he states next—4 was a sorial event. He know he to task, were desirable preferred with a sorial event. He know he to task, we

So strong were the Sewiste with the addition of 1983 All Around World Charapers Directe Bloceret hey, that 1986 two time World Charapins Wahrina Moglisy didn't even make the team. Over time, Eliot Ness will be proven correct—acres one

will get to the Soviet Union and knock them off-but a for a long, long tame.



he United States carse into its early receives with firegers, arms and legs crossed after Dan legs crossed after Dan legs arms and the institute of the team to perform the compating wait, in the 1985 Weids Champcentings. In Mestreal, these items pat the earning on hele from wheth it seculd near

Japon set the early pace.

Japon set the early pace also before the Risk of costs. It was obtained by the Risk of the Risk of

1985 the men scored 47.35

This is about where we thought we would be; "seed James We thought the scoring was comernative. The padges held them back," he seed Head Cooch After Geolobidi agreed adding, "We were tight on he for

hard on us on permett herose Mard Paga."

If was obvious from the St. More event, fisor, that in the st. More event, fisor, that in the st. More event, fisor, that in the st. More event, fisor, that is a control a 9.40 on fisor, it Le was obvious the new worstand to and has playing time would be standard without height. His striphing persons were a week and settloop beight, this Managary when however the the striphing persons where a person during an earlithtean or person during an earlithtean or person during an earlithtean or

"It's not like I broke my foot or anything," said Johnson. "I just can't put that much pressure on it." The compulsory wailt, a piked deathle from, was very pamful for Johnson, both for his

computsory competition

a about where we
be recold be," seed was an indication of things
d, nestions couch, to come

be come

Piching up the slock was

Then Deggett, disnally fully
recovered from his reat amy
of ripanes. After the first day,
he found husself as third
behand Japan's Kotchi
Marushuna and Switzer
laufa Sepa Zelbeeger half
5780 "I just went out sind

thd what I could de," and Deagett.

Other notable performances came from Charles Lefens. Der Hagden sed, men notably, Carris Holdswerth. Correposing in his first inner national event, Holdsworth, 20 of UCLA was Whenhaus, MA, pp the team poing with very consistent secrets. O'by a "notice able accape" on poernel here leset han flees.

having as error flee day

"I was very nervous on
floor since I was the first one
up," and Heldisworth "I felt
extra pressure. I have no
complaints at all."

The first day of compulsories now the Servets.

(RDA), Bulgarians and a very strong lot from Hungary his come out and do some sections work Of course, the title was

all weapped up for the Soncian sthey took almost a five point lead outscoring the possessing local from 1985 by almost one point with 29406 It was undestood the real battle was for second between the BDA and Chira with the Soviets locking up a major person of their firth tille size 1853

Bloomicher, 1980 World.
Bloomicher, 1980 World.
Champana, powered his way
to the top after compulsones. Having fully recovered
from novereal injunes sustained from 1985 through
1980 and regimming his remher one status on the toam,
he was nearly flowless scortrig 520.

ing 100 as he was, the Seveets had Valeri Lyulin (59 86). Yan Kerelev and Vladurir Artemov (38 90) close behird, securing the top four places. The BUA's Sylvio Kroll book the strain gleboid, placing fifth with a 60 65 as a second second second places. competitor, Chira, by over six points accorne 589 65 coach. They are far better Change can't even come

OPTIONAL FINALS tipes, and once mean, it pen-

well as he had sunce recover- started acreaming it's a ing from a career threaten shork and a crush to the

this and fibrals and severed a little crocked, putting all



It was a spap, like load the urganish ough and Daggett, upon impact, had as the veteran sympast

That was a ready hard in Manactraeetts and was mentor, Bill Jones Tsawit my mend. I had a feeling of brother, his injury restly

Medical facilities in the stretcher bearers didn't help Daggett's diferentia. As: erowd applauded the probably never see compete saturi Sureery fol-

on Daggett's leg. The break -good care of fam." resolling of his lost on the floor The surrouse were

gett through? competitive rater after his

in the last two weeks | won a gold medal, you're from his last yeary. Tim has an Obversor characters !" *

always been nomebody we have all looked up to If he

ported to the UCLA Hospital "They know him Bockwell They will take When contacted by

ture to disclose informa. talk about my gymnastics career My main concern is getting my lee healthy and feel like I want to do

"The day after his layury, Tim was really down," said Bockwell. "He



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The men began on floor were grackly accovered when a token routine for which he teers off to a propertiable start. Lakes came through with a

tional panel of judges didn't reflect that Granted Lakes mer fell, but Stoden and

routines and scored 950 and 9d5 respectively. The 46 850





team was consistent scoring end the rotation. As the team



nisency was not a part of Charles Lakes strong

to get up agon until corby next up and could hardy run down, almost off the poduce erabbing what appropried to

700 So although Daggett was intered to score still bed unpact, he almost dove right curbon the American had positions, suddenly looked were vulnerable. "We were being, "It was land of heary, If compage is what they

compered the entire meet or events, parallel bars and high

With the knowledge the minth, thus assuming them a

consecutive strength moves simust borng consistency

rain way to the other, Is Nasc of a spot in the top threewere so consistent and

champions to shine Biogestabey's tatle will he become only the second in 1981 and 1985), but his

Just pewer to the 1985 Bilosertcher was involved in left leg in 40 places. There

all-around title.

ber of 1986 was the first time he started complex on his feet right leg which required

said the all-around chamzeen. "When the operation After transport for one

year, Biloscrothey assured has nets fact While recovering

European Championships. T tears," he said But so fate

Mis sungertive team-ALL-AROUND FINALS Assin, he started who thred behind hers making thus bilitation. "I had a lot of difmisered time. I felt as though down," he said. To become o

ertchey won the Saver. Curthus making his comeback complete "The title means

On narrollel bars he secret a to firmh with 115550 pinc-



couldn't carry him to another

Dan Harrien stayed healthy this time around and became the sole American to make all-around firsts. He flushed 22nd in the world.

Visitivir Artemos's strength

from the rest of the field.

event finals. China's tand Kroll (RDA) for visult.

the winear would be Third double back was completed

that overs. The Hungarian powerful routine scemed to lock the competition away.

routine, which shows his ver medals in two other power, is completed mostly events that highlight upper

Albert Seell's perfect Course make

body strength, rings and parallel baro Ganada's Car-

ertchey on high bay. Koroley defended his table on rings with a sparexpressed himself as a total

undevidend honor by taking didn't mean aurthory to me. was to complete, as clerab for " rusults on page 34

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POWER PLAY



Remarks smalled the Soviet's hid to win sancher team title by everpowering the wathful defending charmlons.



tile stock markets all over the world declared the 26th World Champeonships marked a fall as power of another blue chapper. dominating team in the last two ented group of Ermanian gyrmania who played the merket just make

The Source entered the meet with an unusually mexpersenced group. Obviously they were planaing for the future, team ever to participate in a World Chargosonships," said

But desprie the youth brupsde, the Romanum gymnants descrived every bit of the satisfaction they got from besting the Soviets. They best them with scores and talent, not breaks on the Soviet's part. They truly deserved the title.

By Mike Botkin



Sabrina Mar's work on flow gave her a spet in the individual event finals

the Urned Sotias caries into this West Chains by Medic Chains possibly with one of a ser of Crounse the warms the yearsh that needed to be addressed, but the sheet claims of Kristin Phillips, Medisan Marlows, Saletins of Medican Marlows, Saletins of Phioche Mills and Observational Philosophy couldn't be "Phiese surely couldn't be "

derent Silv up stepped the Silv up stepped the

Their wooderment at the whole experience showed in their tenhance nature on the appearance "The garing of up at 4 am to begin training for thors 8 am section," said Greg Maradan, head coach "It was a difficult attainen We saidted out a fill tenhance we said out of the tenhance of the said of t

but we pulled tage ther after

While the 47-35 score

While the 47-35 score

was a disappointment to the

to score 9 To and March

Americans, scored 46-335

Americans, scored 46-335

Walling proved to be

Walling proved to be

Walling proved to be

status is not be have exceed as an order Autocommon contract back too handstoard. The bright for a school and the properties acres acres Marchene and Mar turner was very precise acres acres Marchene and Mar turner was some Marchene and Mar turner was to the school and the sch

bly routine to score a 9-476 on her best event.
The confidence began to return on floor exarcise. Carrason-Steves did perhaps the most gnoeful dive roll of all the Americans as

m on floor exercise
soon-Steves did per
thic most gnoedd dive
f all the Americans as
laded through her reu
and the Eomanians came

SPATION

Source a 1869 Pfilips
Quantized Spatial

specific to the state of the st

ento the pofium Daniela.

Thirded early on to be a consumer name to a ring to remove most out artery. Philippeal is done habase been and but timmstated herself from those possible and the statement on the statement of t

secred 197375 on the compulsories to take the early lead. There shight seem as if there were a chaince the Soviets, or amybedy, could concein any better than the Romentan agend. But in the final areason, the Sowiets proved that theory wrong

"This is the best score ever for us and it is also the high-Controversy again our turn on their first event, bal-

he capacity crowd at

the Sports Palace was assued and awed by

ticular everunt. The Roma-

power in 1979 to Pt. Worth.

that on neutral ground, the

in sixth and exited in sorth

tions, it was discovered a sensed. Not all the officials had been unformed, thus the

The delay affected the 48 900 This though, must because they went out and

posted the highest totals in

Romanians after the compulsory round, 197 500 to matched Silvay' two perfect second place all spored. As medal, Oksana Omeir-

Just as it happened in more was quaddy down to two underloard mistres, skoned with 194,500 points

OPTIONAL PINALS

Kristie Phillips noor shoping in compalarity had the national charge wrong to make a comeback.

alive," according to Marsden. Baze were kinder to all

great youtine for a 9 90. Phil-

were Phoebe Mills, Mor. Cor. rison Steves and Marlows Philips (9.700) completed Floor was bathletted by

their last double back and tion throushout their roumyriad of small deductions which added up

women finally started pollourber rounds, may have enabled them to crack the the way with 9 89's. Mar

Gabrielle Euchswich couldn't make up for the GDE's loss of Kersten Darmar to injury.



performance on beam as necessivent in fact, the entire American trace we "esten allow" by that apparatus.

desse when it came down to the time for medals. Every reasons correled in the classic battle between the defending chargems and the upstart Romanians. Public entransers was on the side of the Romanian squad, although them were many in the suckersor who were feel any sorry for the youthful chance.

Colestina Popa fired the first warning shot on bars when she performed a front birk to are sagle catch to a gidde for a DBTS to get throug going for the Romannais Saubo followed that withher stack chustle full disnount for a 590.

Ornelisatività nauvered on well with a round off half on, hendiqueng out. The only than was one step on her landing which palled her score flows to a 9800. Shows came through on burn with a Gongler, then a

reverse hereful undersite swing out and a half bank dismount for her third of securive 10.0 of the meet was at this time she look to be in the diver's seat, the all-eround title as we The battle was usp and blew by the Soviets scoring for their perfect 102 in a row 3 on floor sourcise Or that it rotation above, Romania waste up 405 to both the least made up 405 to both the least made up 405 to 546 000 after of these rotations. It was the manual contract the second of the seco

dect 10 m s ovo Entercise On the state of th



first time in the holizory of the sport these perfects secrets had ever been recorded on one event, let show consenutatively. The Secrets schemed the on 1168's when Dreities and 1168's when Dreitted and 1

Below Duziela Silvazexhibited great difficult during ber bars routine.

ea Silvas' 9835, the and ton of the crowd and

ton of the crowd and of the Bornaram tone give sway the secret. Even before the Soviets finished floor, the carborrant Remanaras and their botterous following as were already swoing to the expectant crowd.

Remarks with 506 400 to the Sowiets' 594 560. East Germany held on so their position with 385 000 points. "Because we know the Resistant team is very strong, we trained very hard and came in here to win," said came in here to win," said form I beauto to the gris that floor exercise must be a sixten."

The Sources blanned the base on the lack of experience. "We were thinking about the future," said Raddento "Thor's why we took chances here in big sparts there are always cause where somecane was and sources loses it is not the greatest day for us but we hope fee better," he said. "I think this is the best seem.

31



to back up her Euronean Champsonship of the all around competiwith a World Champscrotter But it was wan't in the cards after a revenue healt, the first for her For the Americans, of two in her routine. The

world's best, the soons were elevated a bit. Factor's first her consistent, strong routine unchaded a short double back sizmble forward, scoring a

completely changing the way exercise in 1985, correlated a routine which included a the first pass, a double twist

and extension made her

ALL-AROUND FINALS Signed took heaved out. Silves, Deter was having an excellent competition tak-

double twesting punch from Because the Americans cracking out on bears was Corning into the last event. But while everyone was Dobre preded a 9,875 to win. Performing on been she had

Flora Standarden's ten perfect scores on floor ways ealy good records to tir Dunieda Sillena.

very confident outsites on her dismourt for a 9975 happy today because a new Nadia is burn," and Debre

Silvay, graphed because around othe, use didn't have time. After she completed her competition, she came own

teemmate," said Siliyax. Dohre, 16, besper gym

obre, as she did in the

dominated the indining ageld modal on balance bears and bearse medals on foor and wait. Shoushouness were a gold medal on floor and vault, a silver on floor and vault, a silver or

But it was floor exercise that brought the capacity crowde to its first The buttle between bitmes and Securitions was intense as it was, the two case out of the buttle drafficcion. They both had soured 167 on every floor exercise of the composition of the composition of the composition.



Azrelia Bolce, the new Nazia, took top konces all around capping her encetient showing with a gold medal on beam.

results on page 36





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two individual germats and 20 groups representing 36 countres participated in the 1987 thric Gymnastics World

Rhythrac Gymnasters World Championcheps held September 56-20 in Warm, Bullgarin. An expected the Bulgarian team once again demonstrated that they are the undaparted queens of the sport by warming the gold medid for both group events and capturing the gold, siver, and bronze medid in the self-strain all around

the introduct as sevents competition. The judges determined that Blanca Passons was per fect as she reconsed a scree of 10 for each of her eight retriese (preferanties and friend), making her this first rhythmic gymnist in the history of the sport to accomplish this goal. The EleC Charaptership

By Nora Hitzel



Sulgrafia's group routine scored A needest 20 to win the stald.

the qualifying meet for the 1988 Obgraphe with the top 50 generated (two per country) generated asport in the 5 event competition. There were two organizational appects that made than event different throspreases years. Each country entering a group was required to compute with two different reations and the second of the organization of the country and the second of the second of the country and the second of the second of the country and the second of th

Some to five days.
Secondary, material of our least judge, for each event, a town of three PIG because a commentar marrhers served in that capacity for each event in addition to the actually and the secondary panel of any pudges, threefore more expertise was utilized for the evaluation of each exercise. Even with the addition of the team of band desired in the edition of the team of band and the edition of the team of the edition of the edition of the team of the edition o

replay for rosters scoring was used more extensively at this competition, particularly for the group routines

The first day of course the class featured the first group controls of three hopes and three balls. Because this feature fails for the course fluid fluid for the execution component was a major fluor or determining, the component was a major fluid f

neural debutton for our of hours again time accret of the contral gain time accret of The individual competition. The individual competition time for the exceed day. The 10k competitions the contral gain of the contral gain beauting on the seals of the 1885 Charpsandre The USA care now on an apart of the 1885 Charpsandre The USA care now on an apart of with one general assigned with one general assigned with the general properties with the general properties with the grant of with the contral time of any time of any time of the contral time of the

unto the third slot.

Sumpson in group A competed with hoop (960) and clubs (940). The clubs as in provent competitions proved to be Sumpson's terriesse, but even with a rappy drop site wided the

Marina Lobath of the Seviet Union received a 10.0 for her host runtim while clasing fourth all-around.

countin 21st piace tied with Nedma Lourdes, the Cuban gymaat who narrowly buillur for the Pan American gold medal one morth corier

Later and Robernstein both held onto their postions by solidly belling their routines and ording round one in 31st and 48 of postion. Olympic qualification was guaranteed if those

Day three featured the second group competition not balls. Most of the groups chose in exchastinced space of muse for accompariment that ranged from very classical to very swart gards. Bulgaras took first place (1990) the Soviet Umon, other a poor showing the first day, comp back with a row flawfear routine (1975) for flawfar routine (1975) for flawfar routine (1975) for

The USA group, determined to show their caps bilities, pallied together and hit their second routine for ascore of 18 05 and lith place,

phone.

Round two of the indivalual competition was fertured on the Sworth day. At the conclusion of the day the altaneous fermed sweep genwith the Belgarians in Sext (Panowa), second (Shanboth Kolewa), and three (Adraina. Darrowka) place. The top two Soviet syrarosts, Aran Koethpera and Marian Lobalit and for kurthrities and Storm Parisher.

man, also of the Sweet Union finished in sixth place Simpson finished in 32nd place sill around, placing well shoul of many gymness who had previously bestern her in international competitions. Lister (Sikh AA) and Submished in the ton 50 membed. 1988 Olympic rhythmicgon-

same direction as the prelateragies with no surprises stand in each case. In the precised a 2000 combined 30 00 in the ribbon overti.

bouncing and rolling were playful body liquituser was endert with the ribbon, and

Diago Signaga, bermed into the first rotation because of an injury to Marian Kanyassky, responded by placing 22nd, highest ever for an American.

showing species appendix ments and displayed ultimate amplitude on learn.

ships, rhatheric garrinastics must be dealt with in order The 1988 Olympics in and radices to show the world

eligible to compete in the and to see which armosts the bettle at home *



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binged Gymestes Trong Center have a varied and and vative curriculum in which conflicace, coordination, but ance, steegth, endurance, fleebility, nocial and cognitive growth are

paid has been chasen as Clab of the Mouth for November/December 1987. Opmpad opeaks to the needs of the community with beginning flumble Bee' pre-school program for somonth-olds following all the way through to Class I gymnasts Olym

tive gymnastics with a performing team In each of the five Olympiad Truming Centers, USGF Safety Cer-

Truming Centers, USGF Safety Certified instruction are employed. Some other supects are: • Olympiad is better able to promote the sport of germantics in a peoul

hight with the help of the USGP and Dodge. •All Dodge/USGF folders are given to competitors at meets and the Dodge/USGF between are displayed.

 At open houses, Dodge falders were handed out to all visitors and each northined an autographed photo of Brian Babeeck and a gymnaeten poster
 Chrundad staff members nersonally

delirered Bodge/UNGF berners to all Dedge dealers in the St. Loan area for display in their showrouse.

• Bach gym dasplays a feated article from USA GYMNASTICS citing Dedge's support of the sport of gymnastics. Olympiad members greeted Mary Lou Retten at St. Louis Lambert Aeport for the Raisten Purins Cal Classes with the Dodge-USGP banner and an ample supply of enthancem.

 Olympad kicks off the public and parechal achief granistics sessions with a performance and the Dodge/USOF basner is displayed each, school, gym during the performance.

performance
With the current creclinant of
over \$3,000, Oproposid's grans have had
some fine achievements during the
year fours of them were,
"Preforming Team," West Port Thema-

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North Team Performance - St. Dunas School

Olde Towne Class IV gymnasts compete in 4th surreal Arkensas Heathfren in Hot Springs, Arkensas Chesterfield and Olde Towne com

parade

• West, North and Olde Towns-lat
180F State Qualifying need

• West-13 Class III's qualified for State
• North-12 Class III's qualified for

Olide Towne's Shelle Suttle took 1st place on bars in USOF State competition
 Olde Towne-12 Chao III's qualified for State.

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10-12	10-12	10-12
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